HUNDRED FLOWERS

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FIRST ANNUAL
For no REASON
POWER TO THE PEACEFUL
ISSUE

SHORTS

FAR OUT NEWS SHORTS brought to you by: Liberation News Service, Underground Press Syndicate, Free Ranger Intertribal News Service, Wisconsin Independant News Department, and Bird On a Wire News Conspiracy!

DISNEY PISSED

(earth)-- Walt Disney productions filed suit in a Chicago federal court this week in an attempt to stop poster companies and t-shirt makers from using Mickey Mouse, Donald Duck and other Disney characters on "obscene" or drug-oriented posters.

Disney officials compained to the court that 18 midwest companies have been using the famed comic characters in a variety of "pornographic posters" being sold in various head shops. The complaint describes one poster as depicting Mickey Mouse, Donald Duck and Goofy as they suck from the tubes of a water pipe; it adds that all three "have dazed looks on their faces" --giving the impression that the comic book heroes are under the influence of a drug.

Disney attorney Spencer Olin told Earth News that the use of Disney characters was "destroying the family image which the characters have always presented."

Walt Disney Productions obtained permanent injuctions against the use of their characters on similar posters in both Los Angeles and San Francisco last year.

WOMENS STRIKE FOR PEACE

(earth news)--The women's Strike for Peace--a national women's group headquartered in New York--has charged that the money spent on the Vietnam war each day is enough to build 30 new hospitals.

Defense Department figures show that the United States is spending $100 million dollars a day-- or more than $1,000 per second--to fight the war. That is enough money to build 30 fully equipped hospitals containg 125 beds each.

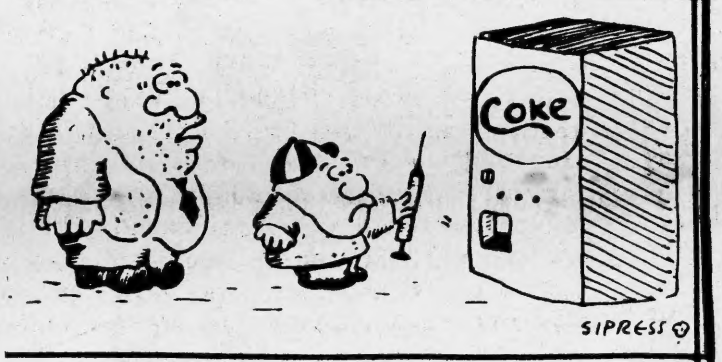
Women's Strike added that the entire military expenditure by the U.S. since World War 2 has exceeded $1 trillion. This amount, the group said, was enough money to build a $20,000 home for every family in the U.S.

RABBITS, STOMP MONGOOSE

The Mayor of Mongoose Australia is asking the Australian central government to declare Mongoose a disaster area. During the late evening of July 14, a large pack of hunger crazed rabbits, numbering in the thousands, entered the village from two sides and trashed it in search of food. 21 of the town's 33 buildings were flattened and three others were heavily damaged. Practically all of the food in the area was eaten by the rabbits and the residents of nearby towns are sending in food and supplies.

The people of Cork County, where the incident took place, are forming vigilante committees to help combat the menace.

Mongoose's mayor O'toole is doing all he can to prevent panic. "The last time something like this happened, in 1932, half of our houses were razed. It's time the government did something about it. The whole thing is very strange. I've never seen rabbits act in such an organized fashion before."



The Giant Coca Cola Company is in the process of doing something that most companies would regard as suicidal: Coca Cola is conducting a nationwide drive to remove almost all of its red and white "drink Coca Cola" emblems from signs, windows, billboards and any other surface on which they appear.

A Coke official said the unique drive is being undertaken because "there is simply too many Coca Cola signs everywhere" He said there is one spot in Times Square in New York where you can stand and see more than 400 Coca Cola advertisements.

Said the Coke spokesman: "We don't know how many Coke emblems there are around the country. All we know is that it's in the millions."

IS IT TRUE THAT SMOKING DOPE MAKES YOU TURN INTO A VEGETABLE?

The San Francisco Crime Committee a collection of 28 prominent San Fransiscans appointed by the Mayor three years ago to look into crime, the police department and justice, issued its 11th and final report Monday, July 19th, and it was recommended that marijuana ought to be legalized.

Of the 28 members, many of them lawyers and other professional people, 17 voted to legalize marijuana for adults and nine voted against legalization.

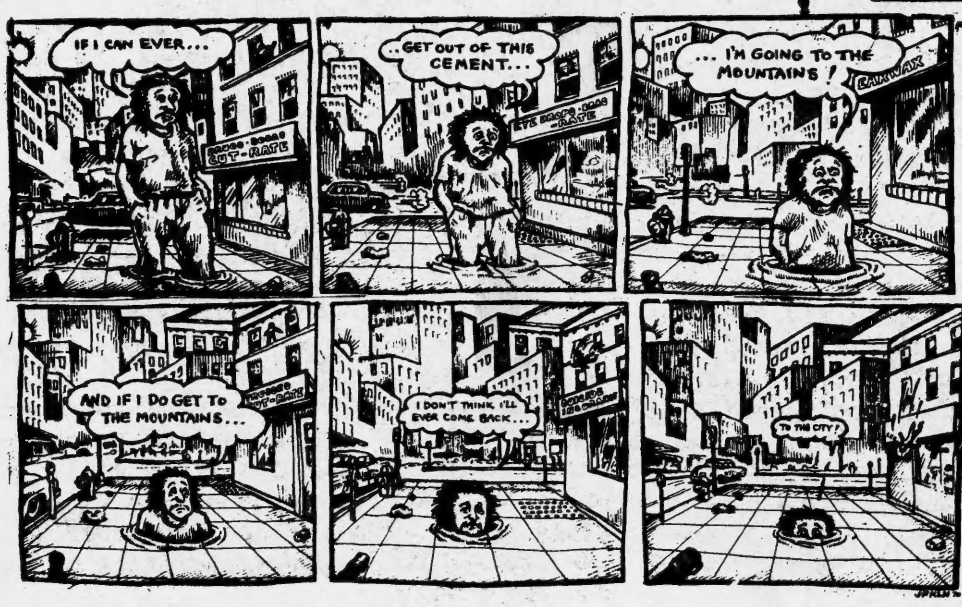
The final report also called heroin "destructive," with all the members agreeing.

Moses Lasky, an attorney and the spokesman for the Committee, said the recommendation was not necessarily that marijuana is good to smoke but that there is not enough proof that it is unhealthy and also that the "criminalization" of marijuana has failed.

Lasky said that no one in the country any longer believes the myth, passed on in the '30's that marijuana turns users into "vegetables". He pointed out that the laws governing the use of marijuana, however, were made in the '30s.

The entire report, which is several volumes thick, will be for sale in San Fransisco book stores.

-earth news


IF I CAN EVER...
..GET OUT OF THIS CEMENT...
... I'M GOING TO THE MOUNTAINS!
AND IF I DO GET TO THE MOUNTAINS...
I DON'T THINK I'LL EVER COME BACK...
TO THE CITY?

This issue of Hundred Flowers (vol2 no19) put out by the crazies at Liberty House, 529 Cedar Avenue South. People who went down fighting this issue were Kathy, Debbie, Vicki, Warren, Margo, David, John, Dale, David, Bill, Ray, Abbie, Jim, Helen, Northcountry Co operative Groceria, Keith , Suzy, Richard, Marvin, Lynn, John, Gus, special thanx to Jim for all da stuff, Bill, Eddie, and Moe, not to mention all the dealers.

HUNDRED FLOWERS is a member of Liberacion News Service, Underground Press Syndicate, Free Ranger Intertribal News Service, Wisconsin Independant News Dept., and Bird On a Wire News Conspiracy!

OPEN MEETINGS ARE HELD EVERY SATURDAY--to discuss the new issue, the next issue, and any other kinds of issues you care to bring up--stairs to 529 Cedar Av. S. in liberty house, which is where we gather. Bring some wine or beer--if you feel the same about meetings as we do.

HUNDRED FLOWERS MEANS answering the phone, doing layout, typing, meeting people, writing, hustling ads, doing routes, going to the printer, pulling together, if there's no news--making some happen, staying up at insane hours of the night, and watching the sun rise at least once a week!

If you can dig it, we can put you to work,--we can't afford to pay, but will share experiences. Come and see what you find.

DEALERS! YOU CAN MAKE $5. BY DEALING 50 COPIES OF H.F.

OR 10 BUCKS BY DEALING 100 HUNDRED FLOWERS. ITS EASY. PICK UP YOUR PAPERS AT POSITIVELY 4TH STREET, WAX MUSEUM, OR 529 CEDAR--call e333 3717 or 333 8471 for more info. SEE YOU IN THE STREETS!

Please address all mail to

HUNDRED FLOWERS
PO Box 7271 Powderhorn Sta
Minneapolis, Minnesota 55407

CHOU EN-LAI

CHOU EN-LAI makes many of China's day-to-day decisions. When Nixon visits China, it is Chou he will talk with.

About a week before Kissinger's visit, Chou was having a conversation with Jean-Luc Pepin, the Canadian Minister of Industry, Trade, and Commerce. These comments are exerpted from tapes made at that time. The translation on the tape is the official Chinese translation. (Chou chooses to speak through an interpereter, although he knows English quite well.)

The tape was made for the Canadian Broadcasting Corporation, and distributed in the United States by National Public Radio. Thanks to KSJN radio (FM), St. Paul, for the tape.

"A Person's early twenties, his youth, is a most precious time... yet that period has been wasted in the schools."

PEPIN: (He has visited a university.)

...They said that education was participation, that the professors must show great humility and must accept a dialogue with students. They also expressed the view that the students must be close to the masses, to the people, and must concentrate--keep the contact--with the people, go back to the people, once in a while, to rejuvenate themselves with the contact of the masses, of the people. But I must say I am not totally at ease on this subject, because I wonder how a university person can become a great scientist, a great expert in his field, and indulge in this exercise of going back to the farm, or going back to the plant once in a while.

CHOU: Well, our great proletarian cultural revolution is now only in its later stages of what you call the struggle, criticism, and transformation...this stage of transformation is only in its preliminary stages. At the same time, we don't completely negate the achievements of the past 20 years or so...

But because the educational system remained the old system, and its methods the old methods, so education was divorced from socialism, divorced from production, and was not in the interest of serving the proletariat, or linking itself up with production. And so when the graduates go to factories or to a farm or to some government department, they must learn anew their specialty, because their knowledge was confined to the knowledge of books. They do not have any practical experience...

And then of course in regard to their world outlook, there is a greater gap between their world outlook and the demands posed on them. And so this great number of graduates spend quite some time to--how shall I say?--reenter society in order to really serve the people. And that brings about a great waste of time. In that way then part of their youth is wasted. Your Excellency is aware that the famous inventors and scientists and scholars of the world often did not gain their knowledge in the universities, but through their own hard toil. A person's early twenties, his youth, is a most precious time. But yet that period has been wasted in the schools.

I don't know if you've met some of the professors in the university who've studied in the United States. One professor, after coming back from the United States, taught in the university for many years, but he made no new discoveries. He just repeated what he had learned. But now he has gone to the productive units, where he has personally taken part in labor, labor related to his own specialty. And through this actual practice he can now realize their are many new topics which he can teach his students.

Take Ten Hwai (?) University. Now, they may be upset that I told you this, but they can, by themselves, create their own nuclear reactor. They won't have said that to you. You couldn't blame them. It's a state secret, but I can tell it to you. They did not need any help from our department specializing in atomic energy. They did it themselves. And so the energy of the professors, their students, are used in this way...And in this way, they can write a summary of their experience. And it will be a very good thesis. And the students who take part in these experiments are those we get from the young workers, young peasants, young soldiers, and young intellectuals who have gone through physical labor. And they learn quite rapidly.

CHINA THANKS KRUSCHEV AND THE SOVIET UNION FOR WITHDRAWING ITS AID IN 1960, BECAUSE IT COMPELS CHINA TO RELY ON ITS OWN RESOURCES.

...Whether it be party leadership or administrative leadership, we are for dividing authority. That is, not to centralize all authority in the party's central committee...As for our line, our policy, our principle, our political line, that is--to be centralized. But we are for two initiatives. Initiatives of the central authorities, and initiatives of the various localities. That is, under the leadership of the political line, principles, policy and plan of the central authority, local authorities have quite a leeway to give play to their initiative.

THE LANDLORDS AND RICH PEASANTS HAD THEIR LAND DIVIDED UP AMONG THE PEASANTS, BUT THEY STILL REMAINED IN THE COUNTRYSIDE, AND THEY TOO WERE GIVEN A SHARE OF THE LAND.

It was a most difficult task to take over the government on the basis of the old society, 22 years ago. In fact, when Chiang Kai-shek was driven out, all the old things were left over by him on the mainland. He just took with him about one million, including some part of his troops, his officers, his bureaucrats. But 8 million troops and officers, they were wiped out by us. Mind you, wiped out means some of them were killed in battle, but the great majority of them were either taken prisoner, or just scattered in society. And we must transform these people. Some of them just went to the factories and countrysides to take part in productive labor. As for members of the Kuomintang, Chiang Kai-shek's party, the great majority of them remain on the mainland. And so with these former officers and responsible members of the Kuomintang party, they just disappeared into society and turned themselves into ordinary workers, office workers, or something like that. As for those of the countryside, the landlords and rich peasants had land divided up among the peasants, but they still remained in the countryside, and they too were given a share of the land. And they remained in the countryside, and some of them may even have joined the Communists.

WE WILL NEVER BE A SUPER POWER.

Countries of the world, regardless of their size, should be equal. We accept that China is a big country in terms of its population, and also its size. Only the Soviet Union and you (Canada) are larger in size. Our territory is larger than the United States. Our population is largest in the world. But while we develop ourselves, we will absolutely not become a super power. We say this openly to all of you, and to the correspondents as well. We will never become a super power. If our coming generations want to become a super power, then the Canadian press will criticize them, saying you have violated the teaching of Mao Tse-tung. We are opposed to the power politics of the big powers.

HIROSHIMA DAY

COME TOGETHER... LEST WE FORGET THE PAST.. .OR BECOME IMMUNE TO THE PRESENT

'I see battlefields or combat areas that are under 24 hour real or near real time surveillance of all types.'

I see battlefields on which we can destroy anything we locate through instant communications and the almost instantaneous application of highly lethal firepower."

'Isee an army built into and around an integrated area control system that exploits the advanced technology of communications, sensors, fire direction, and the required automatic data processing.'

'...in Vietnam the evidence is present to visualize this battlefield of the future."

'In order to succeed in this effort, we need the scientific and engineering support of both them scientitic and engineering support of both the military and industrial communities."

'I believe our future path has been clearly blazed.

William Westmoreland
October 14, 1969

aug 6 8:00 pm Loring Park

A candlelight procession in memory of the devestation of Hiroshima and Nagasaki by nuclear bombing 26 years ago this month will highlight the commemorative program to be held Friday, August 6th, at Loring Park in Minneapolis.

Gary Prevost of the Minnesota Peace Action Coalition, speaking for the committee, said the program would "relate the devastation of Hiroshima and Nagasaki to the similar laying waste to Vietnam by American air power" around the theme of "no more Hiroshimas, no more Vietnams". Prevost noted that "both of these actions were carried out by white people against Asians and both were justified by such racist rationalizations as 'Orientals don't hold human life in as high regard as Westerners do.' We want to set aside August 6th as a day of quiet reflection on the cruelty and inhumanity of all war," Prevost continued. "The candlelight procession will be a sober and dignified expression of our outrage at what happened to Hiroshima and Nagasaki in 1945 and what continues in Vietnam today."

The evenings activities begin at 8:00 PM at the park bandstand, the spokesman said. The program will include poetry written and read by Asian American representatives and music provided by local entertainers. At dusk, the demonstrators holding candles will proceed around Loring Lake in memory of those who died in the explosion. Paper boats lighted by candles will be floated on the lake in the traditional expression of solidarity and sympathy with the cities of Hiroshima and Nagasaki. Participants are urged to bring their own candles.

Participating organizations in the Hiroshima Day Committee include the Vietnam Study Action Group, Working People for Peace, the Honeywell Project and Clergy and Laymen Concerned, as well as the Minnesota Peace Action Coalition.

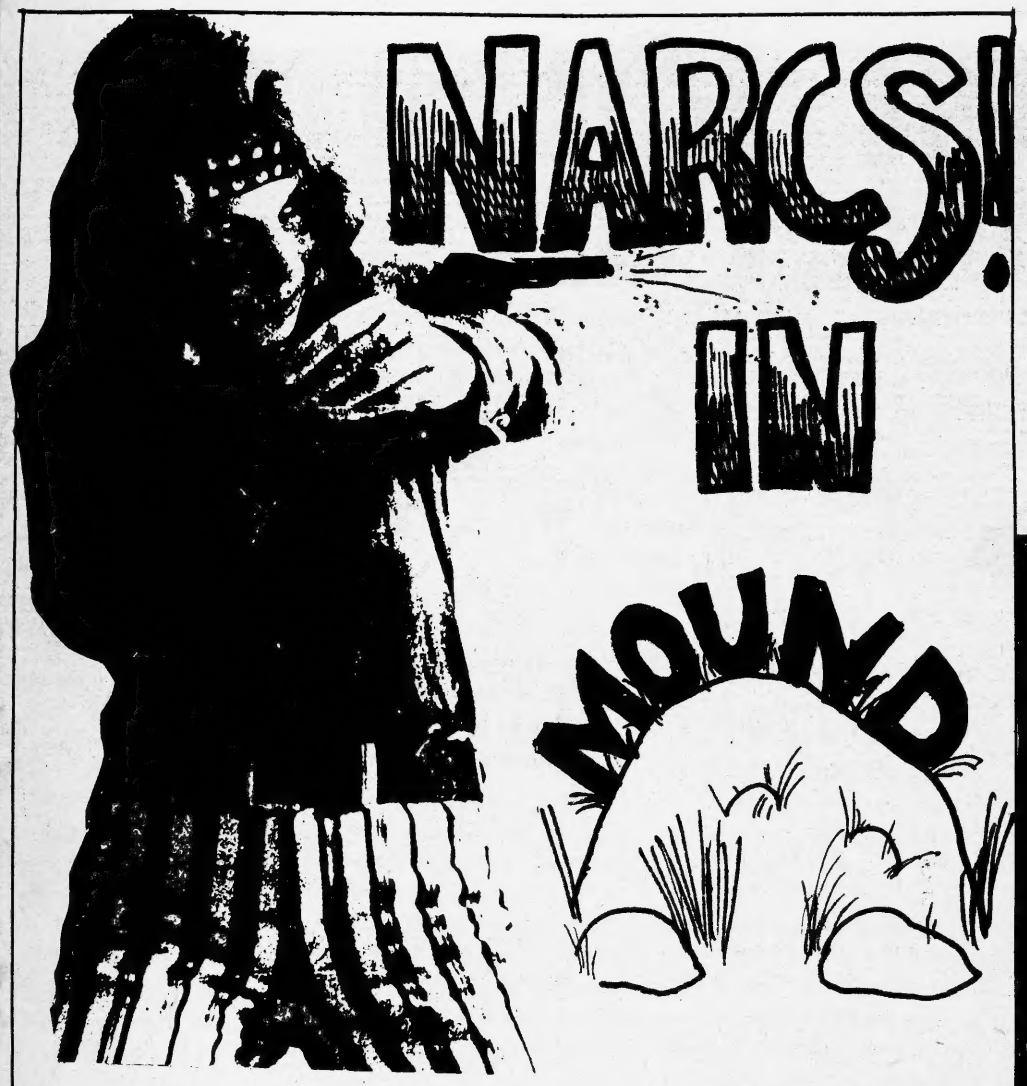
Mo Burton is a Black organizer on the South side. Last fall, he attempted to set up the Kathleen Cleaver Community Information Center, 38th Street and 4th Avenue. The Center was meant to be a vehicle from which to organize and bring together the Black community. Mo also allied himself with the Black Panthers. Any actions such as the above result in the man getting uptight. On November 5th, 1971, the pigs broke into his house at gunpoint, supposedly investigating a burglary. A couple of hours later they returned with a search warrant, confiscated his guns, phone numbers and literature.

They sent him back to Stillwater to finish a three year stretch on the pretense of a violation of parole, for associating with guns.

He was released in March, only to find the pigs had slapped a "felon in possession of firearms" rap on him dating back to November--with a possibility of 5 counts, although the guns had all been legally registered in other friends names.

Since March, Mo has been working steadily with the Peoples' Gardens on 4th Avenue. They have 5 lots with corn and tomatoes in abundance for all the people of the area to enjoy. It is obvious to anyone who knows or has worked with him that Mo's sole objective is to serve the people.

Mo Burton was convicted at last Fridays trial but will not be sentenced for another month. The following is a petition we are circulating to give to Judge Gerald W. Heaney to ask him not to sentence Mo.



If your hanging about in Mound Minnesota these days, or if it happens to be your native stomping grounds, here is a bit of narc info which came into Hundred Flowers that could save your, or a friends skin.

Wayne Billings--notorious narc--*and friends* have been reported to be creeping around your parts for about four weeks now, making contacts with dealers, and trying to get it on with un-assuming high school age kids. Beware!

They have let it be known they ""would buy anything"". In the last few days they have busted three people in Mound. People have been wondering who the narcs are in the area, and just found out Wednesday. They are defenately after people who are into dealing, according to one incedent.

Billings reportedly has been going under the nickname ""Scottie"" and did bust someone who was acting as the middleman for some friends. The day a deal was to take place between ""Scottie's"" friends and some dealers,the dealers became suspicious and called the deal off.

Because the deal didn't go through they busted the dealers friend for one lid of grass. The charges were later dropped for unknown reasons, possably to intimidate the person into informing, or face being still charged.

Billings description is reported as: 5'6" tall, black shoulder length hair, clean shaven.

His accomplices are:

John Wesley. Slight indistinguishable accent; age:about 30; Large build(not fat), Black shoulder length hair;tatoo on each arm.

and Don (last name unknown) Black hair.

John and Don reportedly live together at Sea Shore Apts, Three Points, Mound. John drives a red Pinto, but they have also been seen in an orange Opal (4CK 335).

They all have been dressed in mod, plastic, hip clothing.

Many sisters and brothers can't find enough bread to even eat or sleep these days. A new thing will begin about August 15th for those out of work because they are proud of their color or their long hair. We know you have been ripped off by slave for a day labor places, so dig.

COMPETENCE DISPOSED will be a new labor service with the philosophy that the worker should be paid for his or her time. The employer is charged depending upon services rendered, and a check or cash is issued to the worker minus 10% for rent and expenses. Avoid a rip off deal, with a peoples' organization.

Call 521-9714 for information.
1341 Newton N.

We are running small ads in mass media to reach employers. Anyone that can help with information is needed.

FREE JOHN!

(earth)--Attorneys for John Sinclair, chairman of the Rainbow Peoples' Party , who has been in jail for the past two years, will appear in Michigan's Supreme Court on August 3rd to ask Sinclair be freed from prison..

John has been in jail for two years after being convicted of possessing marijuana. He was sentenced to a minimum of 9½ years in prison on charges of giving two joints to undercover narcotics agents.

His attorneys are arguing that the length of his sentence constitutes ""cruel and unusual pus sentence constitutes ""cruel and unusual Punishment," that marijuana laws are unconstitutional; and that the evidence against Sinclair was obtained through ""entrapment"".

Supporters of Sinclair will run a full page ad in the Detroit Free Press on Sunday calling for his release. Signers of the ad include Jane Fonda, Allen Ginsberg, Ken Keasey, Jan Wenner & Ralph Gleason of ""Rolling Stone"".

(earth news)-- A Hollywood, Florida man has developed a fuel system that will power cars just as effectivly and efficiently as current automobiles but which emits no pollution!

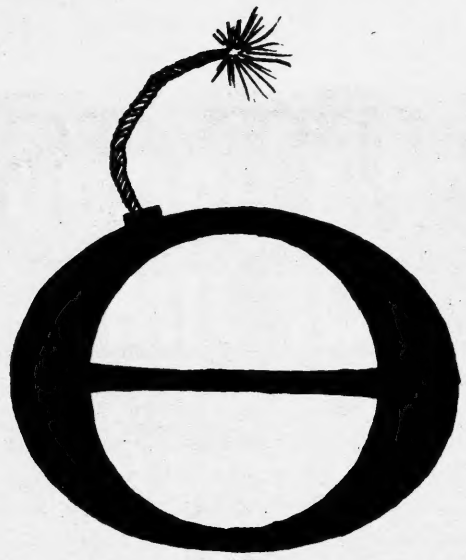
According to the National Wildlife Federation, Morris Klein has developed a fuel system using hydrogen that for a $300. modification cost will power his cars just as well as using internal combustion engines and gasoline, and release no polluting emissions into the air.

Klein has installed the system on his two cars and claims that it works well. He says the hydrogen has an octane rating of -plus 120, it's cheaper than gas and the engine muffler on his cars last longer than on conventional cars.

The Wildlife Federation claims that the automobile is responsible for 60% of the air pollution in the U.S. and in some urban areas for up to 90%.

Klein points out that the system would even be cheaper if the big automobile manufacturers would produce hydrogen-using cars on their assembly lines and he even figures that the auto giants could ""protect their margin of profit" (booo)

The automobile makers have not shown any interest in Klein's invention, however.



THERMAL POLLUTION

The nuclear powered electric plant at Monticello is rated at 545,000 kilowatts of electric power, at full output. Nuclear power plants of this kind are only about 32% efficient with respect to their use of the heat generated in the nuclear reactor. The rest of the heat must be disposed of to the environment--to the air, or to a nearby river, or to both. Thus the thermal equivalent of the 68% of the heat which is lost is 3.6 billion British Thermal Units (BTU) and that quantity of heat must be dissapated every day that the Monticello plant runs at full capacity.

To give the reader some appreciation for what quantity of heat this is--it is the quantity of heat obtained by burning 3,600 tons of coal of average BTU content. That is the amount of coal that would be loaded onto a 100 car train load of coal.

3.6 billion BTU is the same as the quantity of heat which would be developed in 100,000 average gas-fired hot water heaters if they were allowed to burn 24 hours straight running.

At Monticello, that quantity of heat is being dissapated partly into the Mississippi River and partly into the air. There are no solid standards or limits controlling the extent to which NSP can warm up the Mississippi River, for although there was a figure of 5 degrees mentioned, the size of the "mixing zone" was never defined, by reason of an amendment attached to the permit by the Chairman of the PCA. Presumably, the NSP Company might be within the standards if the temperature requirements were met by the time the Mississippi River reached the St. Anthony Falls, or even New Orleans.

When the cooling towers at Monticello are not in operation, the effluent (flowing out) hot water from the plant is about 27 degrees hotter than the river at the upstream intake point.

The average flowage of the Mississippi past the Monticello plant in the month of June was 6000 cubic feet per second; in July it was 4500 cubic feet per second. Those quantities are large for this time of year, and frequently the amounts may be as little as 1000 cubic feet per second.

For cooling purposes, the Monticello plant normally takes in from the Mississippi 645 cubic feet per second of water. The reader will readily observe that at such times of flow, the plant will take up more than one half of the total river flowage. At such times, it is apparent that a strong likelihood exists that a marked temperature elevation of the river may occur, one approaching 27 degrees. (During times of low flow, it is planned to put the plant on "closed cycle", merely recirculating through the system the water from the cooling towers. It has not been demonstrated that this is feasible at Monticello.)

At the present time, the cooling towers are not completely in operation, because of engineering and installation errors which render the fans useless. Now the water merely cascades in the cooling towers without being swept up in a storm of circulating air.

Since there is no present definition of "mixing zone" there is no way that the Minnesota Pollution Control Agency can determine whether NSP is in violation of their permit. Thermal pollution at the Monticello plant is not under public control, but is at the pleasure of the NSP Company.

However, the aquatic life of the river is not immune to the heated water, whether there are non-standards or not.

Elevating the temperature of a river has a severe ecological effect on the aquatic life present there. It is hard to predict the precise effect, but the general expectation is an overall degradation of the qualities which we know to be desireable in a river.

The nature of the species of fish which can exist in the river will be altered by water temperature increase. Instead of Walleye pike and small-mouth bass--which now thrive in the reach between Monticello and Elk River, it is likely that only carp and bullheads will survive.

The extent to which the heated water will affect the recreational uses of the river downstream of Monticello is not known. The famous small-mouth bass fishing in the pools below Monticello may possibly come to an end, but how far downstream, whether two miles or twenty, is impossible to predict.

Warmer water encourages the growth of blue-green algae in the more slowly flowing stretches of the river. The algae is a green slime or scum, which may extend over acres of the river. Algae makes recreational uses of the river unpleasant. Swimming, fishing water-skiing--now enjoyed by many in the area under consideration, may come to an unfortunate end.

Heated water aggravates the effect of any other toxic substance which may enter the water. Thus, the accidental dumping of some pesticide of the addition of chlorine, such as is contemplated at the Monticello plant to control slime, may be magnified through so-called synergistic effect, and result in massive fish kills which might have been avoided but for the heated water.

Walleye pike are especially sensitive to chemical poisoning, as well as heating; 84 degrees is the "thermal death point" for this species. The upstream temperature of the Mississippi from Monticello is about 74 degrees in the summertime. One may estimate for himself what the potentialities are of laying the walleye population a death blow, where the potentiality exists of raising the water temperature by 27 degrees, pushing it up to the neighborhood of 100 degrees.

Furthermore, the water which passes from the river into the Monticello plant contains various forms of microscopic plant and animal life. In its journey through the steam condensers side of the power generation plant, that water is shocked to an abnormal temperature for those organisms, and there is a kill of these microscopic creatures through a process akin to Pasteurization. The resulting broth loses its capacity to assimilate oxygen and becomes a new source of pollution, adding to the so-called "Biological Oxygen Demand," (BOD).

A further important feature of thermal pollution is the fact that hot water cannot dissolve as much oxygen as cooler water. There is, taking place in any natural stream of water, a process of self-purification, wherein suspended and dissolved organic impurities are continually subject to oxidation. The greater the quantity of oxygen dissolved in the water, the more quickly the self-purification takes place. The process of oxidation results in conversion of the noxious dissolved organic contaminants into gaseous products, e.g., carbon dioxide, and water; it is accelerated by the presence of be beneficial microorganisms in the water.

Heating of the water, therefore, arrests this self-purification through the sterilization of the microorganisms as well as through depletion of the available oxygen.

At the present time, while the NSP Company enjoys a no-standard of thermal pollution at Monticello, the Minnesota Pollution Control Agency has encouraged the company to use its cooling towers as much as possible in order to minimize the heating. How effective this has been has not been explained to the people.

This recitation of some of the pertinent information about thermal pollution at Monticello may convince you that there is a need for more vigorous study and public involvement in this problem.

GMF

FREDDY KILOWATT IS A FRAUD

"Electricity is penny-cheap from NSP to you." Sound familiar? That's NSP's favorite slogan to inform the public what good people they are for servicing us with electricity. However, if we investigate slightly into the matter, we find out that electricity is anything but penny-cheap for Jane and Joe Average and that NSP "good guys" are as mythological as the unicorn.

NSP is an unregulated monopoly which provides a service that, to most people, is a necessity. (Minnesota is one of three states with no regulatory body.) There is a form of regulation on NSP in that all utilities must file financial data and rate increases with the Federal Power Commission which regulates interstate uses of power, but NSP is the only source of power available to the consumer. NSP has been known to shut off electricity in the middle of winter because of an overdue payment of a small bill.

It may also be argued that regulatory agencies do not always fulfill their purpose because they are usually controlled by the company they are supposedly regulating. Much time is spent creating the illusion that the company is regulated, when in reality it is allowed to continue as if it has no restrictions on it in the first place. Therefore, it must be up to the people themselves to insure the regulation of all monopoly-type companies.

If the above information has not yet convinced you that there is a genuine need for regulation of NSP's power, then perhaps we should explore another area, this time their rate structure. NSP encourages people to use more electricity because it is cheaper to use a large amount of electricity per kilowatt hour than a small amount. The explanation for this seemingly contradictory statement is that the plant must be kept running at peak power or else the company will lose money.

The lowest user pays a minimum charge of $2.00 a month no matter how little electricity used in that time. The first 50 kilowatt hours cost 4.5¢ which is the amount that Jane and Joe Average will have to pay. The cheapest rate is 1.5¢ per kilowatt hour for large companies that use more than 1000 kilowatt hours, 200 of which must be used at peak power output. What this amounts to, is that industrial rates are 3 times lower than commercial ones, which means that the "little guy" is the one who pays the money to support a company which will continue to rob him blind in the future.

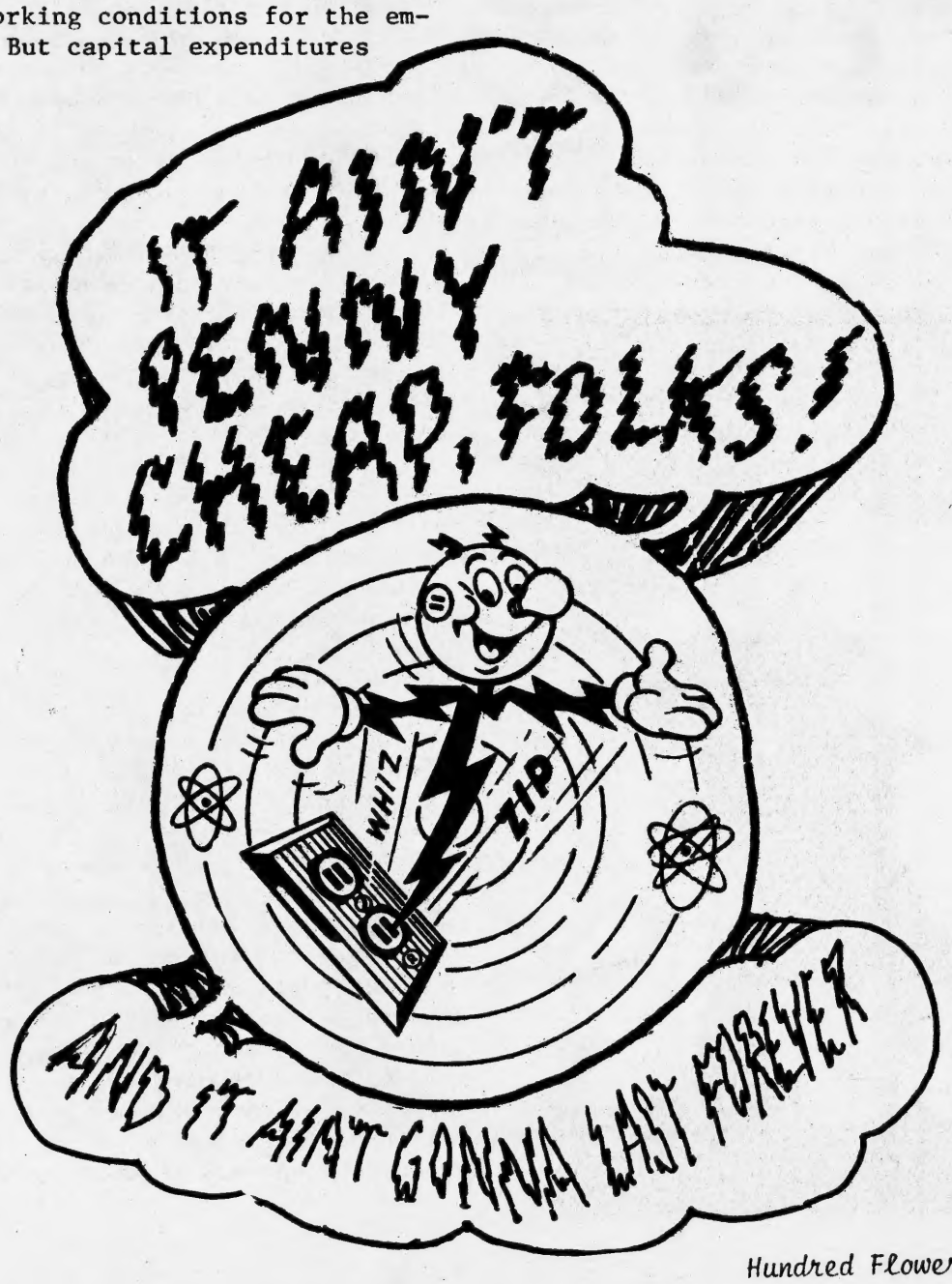
Rochester, Minnesota and Omaha, Nebraska are two cities which provide their own electricity for their residents. Their rates are 20% cheaper than those of the Minneapolis/St. Paul area. There are also some rural areas which provide their own electricity for 23% less than NSP's cost.

Recently the Minneapolis area rates increased by 8% and the St. Paul rates by 14%. NSP argued that the increase was due to the need for pollution research and control as well as rising employment costs. Just how true is this explanation for increased prices?

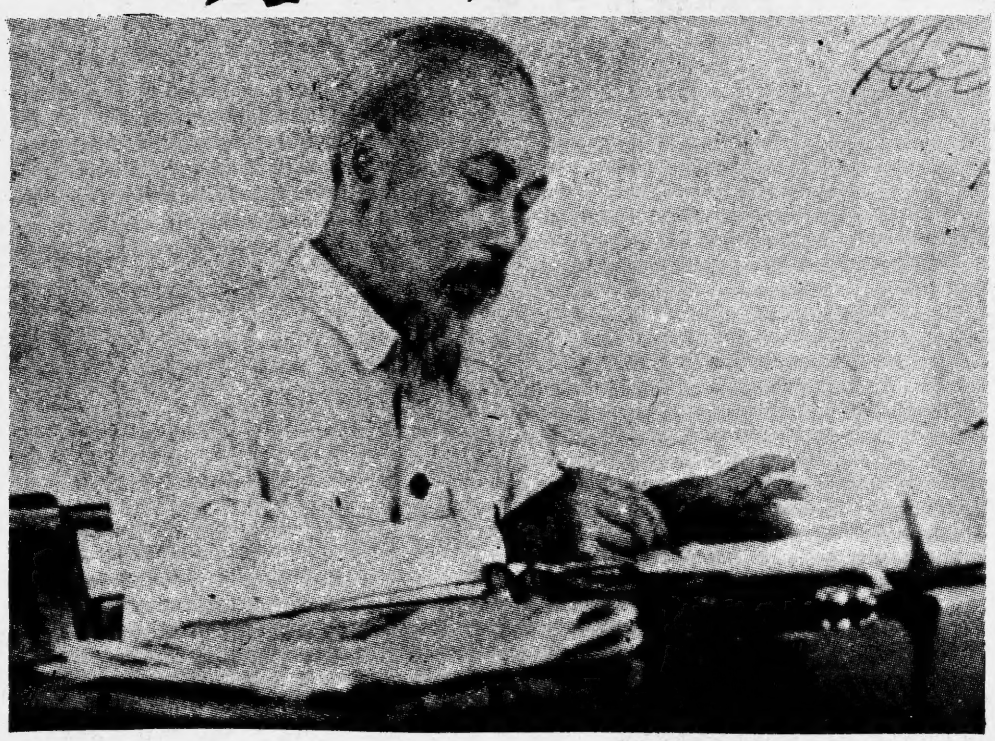
Some utilities are guaranteed (by the Federal Power Commission) a fixed amount of return on their capital. (Rate of return is measured as accounting profit over capital.) If profits stay constant and more money is put into capital, the rate of return drops. Supposedly, capital expenditures include such things as pollution research, higher wages and better working conditions for the employees. But capital expenditures also include such things as advertising, some donations, and larger office space for company executives. NSP also likes to spend our money to buy memberships for its executives in various kountry klubs around the state, as well as using our money to pay for accommodations for people from NSP at the various conventions that take place across the kountry each year. Since capital expenditures increase, the profit can not stay the same or else the rate of return will drop. Therefore, profits must increase, and the best way to insure an increase of profits is to advertise so that the public will use more of the product.

This helps to answer one question, which is, why do monopolies have to advertise? Advertising is, of course, "good public relations". NSP spends $50,000 each time they tell us what good people they are for stocking the Mississippi River with fish when they could be spending their money for pollution research and development. (They are the ones who are responsible for polluting the water in the first place and killing off the many fish who originally inhabitated the river.) In fact, NSP spends 8 times more on advertising than it does on research and development which is the key to alternative measures.

The consumer must pay unreasonable costs because of the uncontrolled spending of a company which is in a position to do so without answering to the people. The time is now to see that the unregulated power which is extended to NSP is stopped.



DEAR HUNDRED FLOWERS



dear hundred flowers

since writing you the other day about the RIP OFF used record business, an idea occured to me which may be a more comprehensive alternative to the whole RIP OFF record industry. The dream-scheme assumes that any comodity purchases separately by many individuals can be had more cheaply if individuals pool their recources. The idea is to establish a Record Library equipped with 2 or 3 turntables and a couple cassette recorders. The community would be asked to donate records and receive in return good karma and credits towards tapes. So you want a recording of James Taylor's new LP? Rather than giving $3.25 to the record industry, come to the library, pay fee for cassette (under $1.) and minimal fee (25¢) for library costs(new records). Zap! you have a tape cassette copy, more lasting than the original, for about $1. The library, because it would be buying in large quantities, could also reduce costs of cassettes.

The stock of the library could be replenished by creating a new record fund, people would donate a small part of their normal outlay for records. If 50 people contribute it could mean 10-12 new records per month.

The hang-ups of the idea are these 1). it necessitates that the community make a massive conversion to cassettes 2). it requires an initial donation of records from the community; 3).it needs a place and people to help. The first may be the toughest but it will save you money in the long run; the second can be hoped for; the third might be remedied by a church basement in the area.

cheers,

Ted Tollefson

anyone interested in realizing this idea call me at 339 6441 mornings F-Sun-Mon or early evenings T-W-Th-Sat.

Hundred Flowers:

Thank you for the comments on my letter you printed July 7th.

You asked, "What funerals have you been to of people who used hemp?"

Answer, too many.

Narcotics, booze, emotional outlets, such as music, dances, religion, philosophic ideas, are all historic sops to make the security of slavery to central controls acceptable. Anything to keep the person from reasoning from cause to effect will do.

Check: Booze problems went up with New Deal doles, beginning 1932-33. Both climb together still.

Narcotic use began to be a problem in the schools and colleges with growth of central controls and classes too large for students to argue with the teacher.

It hit North Dakota about 1961, when the State Department of Public Instruction began consolidating , and central controls. Both still rise together.

We Indians had to face on the Reservation what you white folks are up against the past 25 years or so.

From observations of too many funerals, dope users may expect to die of at about 35 to 38 years of age. Booze fighters usually last 10 or 15 years longer. That is unless they fight or pile up.

We saw the process changed once among the tribes served by the Pawnee, Oklahoma, Agency.

The same has occurred under like conditions other times and places.

When the people began sobering up and quitting dope, they could reason from cause to effect. They threw out the old idea, "If you live on the reservation, Uncle Sam won't let you starve." Few people moved. But many got to work at jobs they saw needed doing where they were.

Some results: Funerals dropped off so the favorite undertaker at Ponca City went broke and moved to California between 1940 and 43.

The boarding school at Pawnee is closed .Agency business and staff is down. Fewer on law enforcement and running jails.

They now run their own local schools, churches, and such.

When something needs doing in politics, they caucus, run their candidates, say what ought to be the policy, then vote and live accordingly.

How did it get started? Two things.

The school children heard and believed that God has raised Jesus from the dead to show his love and concern and he is alive and you can know him now. The idea spread.

Then they helped to select words of a translation of the Gospel of Luke that they could understand. They read and distributed thousands. They used it as a source of ideas as to show how to get along with each other.

Sum it up: The reason they no longer use dope and booze is because they have nothing to escape from, worth the effort and agony. So, they just keep on living.

The choice is before all of us: the security of slaves, or the risk of justice and mercy and manhood?

PS

Am sending along some wild sage leaves. Next time you are with pot smokers, for a change chew this. Make tea out of it and sip a bit now and then.

Listen to the yak. Then ask, is that the brain power you want to run the country?

Or if you just can't do that, take along a long playing tape recorder. One that will take in for 3 hrs or more. Then replay sometime when your mind is bright.

Incidently, Chief White Buffalo Man told me about this sage. He says, "Make a tea, sip a little. Chew a little. It will help the eyesight." He is correct. I tried it. Also I found it keeps mosquitos off, and heals small pimples and such.

Don J Klingensmith

Don

Words and promises of salvation can also be an opiate. Your interpretation of god and his words is no solution

How many women would choose the risk of justice, mercy and manhood?

dear hundred flowers

beware of rip-off artists who appearance-wise seem hip. I'm talking about the 'used lp' operations sprouting in this area. On my first (and only) visit i presented about 15 records largely recent rock and folk (eg. Nashville Skyline, Incredible String Band, Traffic) and recieved $4.50 --or 30¢ each. I asked how much each would cost me if I were buying them there. To this the clerk giggled and in his most hippish drawled 'o bout $1.85.--and that my friends is a rip off! a very hip 600% profit for the house.

To halt this operation I suggest two alternatives: sell your records on the streets for $1.00, making more yourself and saving your brothers and sisters money;

I wonder if this letter will be printed since the rip-off artists are also regular advertizers.

off the rip-offs!

Ted Tollefson
Minneapolis, Minn.

BROTHERS AND SISTERS

As I was passing through yer city on my way towards points west I happened to pick up one of yer papers. It is one of the most creative and energetic underground papers I have seen in a long time. I really dug the article on People's Yoga..Natural Liberation Front/People's Opiate Church. I was wondering if you could send me any info about them, or info on how I could go about getting a copy of their book. Any efforts would be much appreciated. Thankyou.

Hunter Havens
Ohio

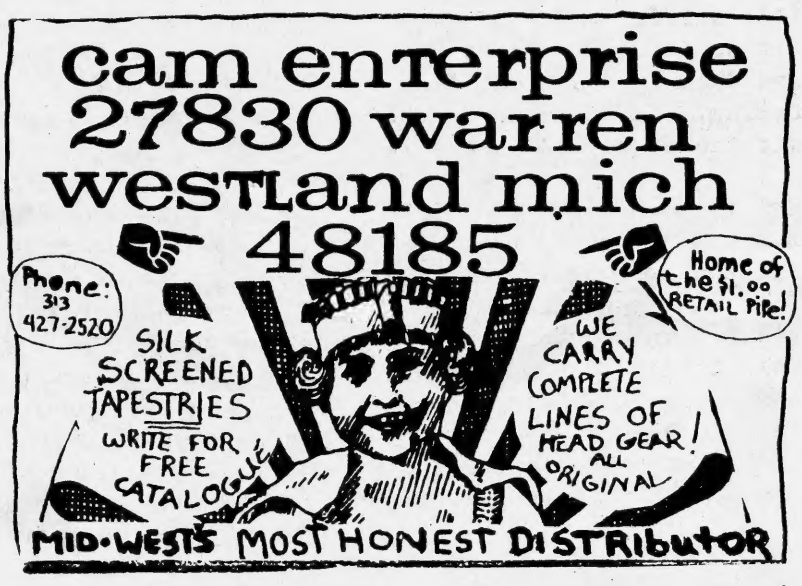
Their address is:
NATURAL LIBERATION FRONT
PO Box 12664
Seattle, Washington 98111

Greetings and a dollar donation, with a couple of postage stamps would probably make them feel good.

Keep those affirmatives comin'!

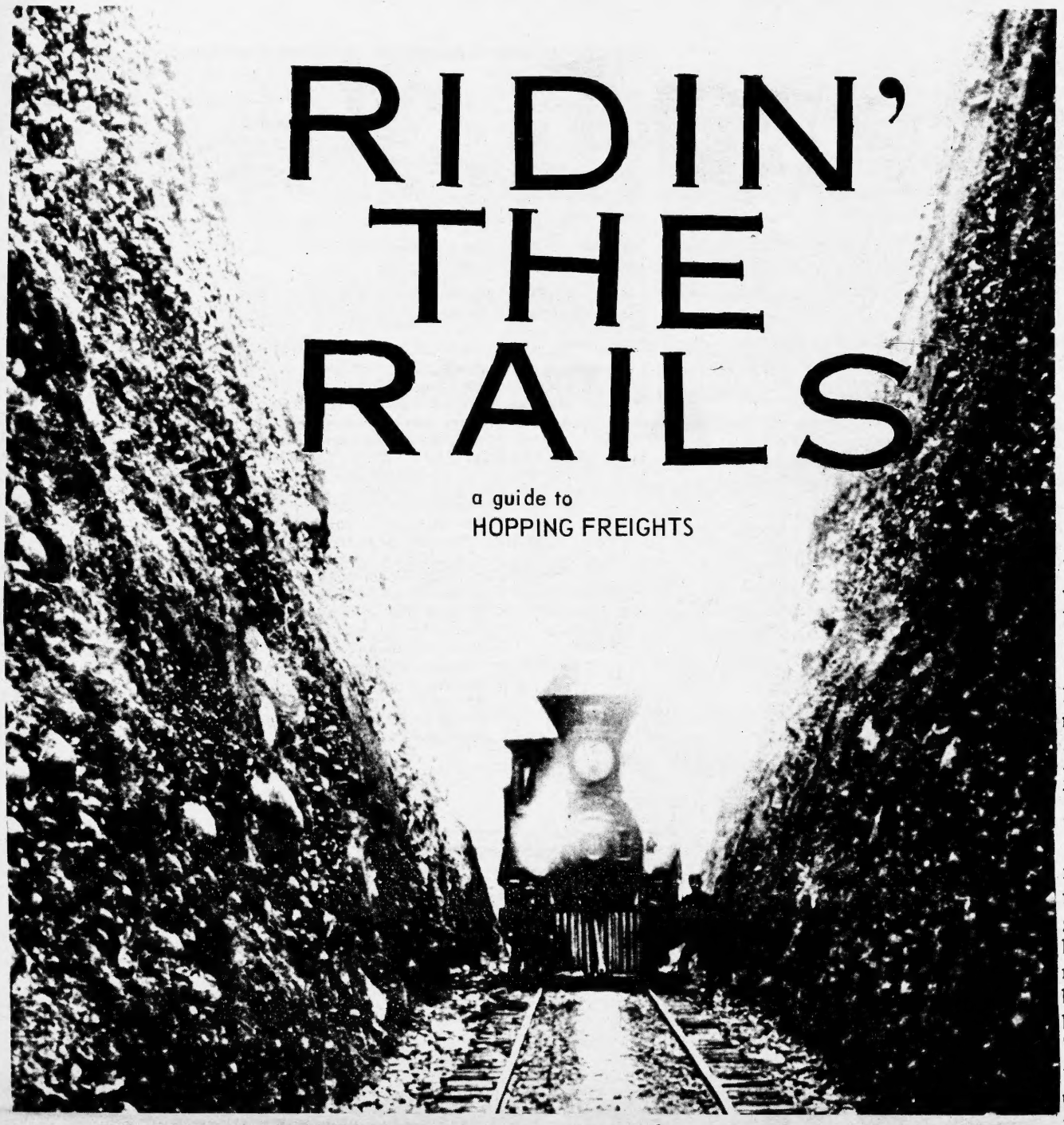
FINDING COMMUNITY

A GUIDE TO COMMUNITY RESEARCH AND ACTION



KEEP AMERICA BEAUTIFUL

GET A HAIRCUT



RIDIN' THE RAILS

a guide to
HOPPING FREIGHTS

Next time you're stuck in the rain in Juarez and it's Easter time, you might want to try the tracks. Jumping boxcars isn't always easy. It can be physically demanding and dangerous, too. But if the weather is nice, a boxcar ride can't be beat.

The best way to learn is to travel with someone who has done it. With good health, common sense and lots of nerve, you can pick up on it by yourself.

Travel light. The less you carry the better because you are going to run alongside moving trains.You have to be in good physical shape: a boxcar floor is about five feet off the ground and you may have to run the length of the train to find one that's open.

Now there's just one thing you really have to worry about with boxcars. And you do have to worry. A boxcar door cannot be opened from the inside. If a door closes on you, it's curtains. Who knows when they'll open it up and find out what's inside?

Trains are always slamming around. Check your door. Get to know your door. If it's stiff, wedge a piece of wood in it so it can't close. Be sure the wood doesn't shake out from all the rattling. If the door slides easily, I sit there and stay awake all night.

At larger yards trains are broken up and remade. A string of cars is pushed to the top of a hill and rolled down the other side onto various spurs and slammed into other strings to make up new trains. It's called "humping" and aside from being an acutely unpleasant experience from the inside, it'll slam your door shut for sure. Always get off before the humping begins.

Don't get the idea that boxcars are a bad bet. If you watch out for the door, they're the best bet of all-you're well sheltered and well concealed. But if the boxcars are all closed and the train is picking up steam, catch what you can--a gondola,a flatcar, whatever.

Piggyback truck carriers--flatcars with truck trailers on top--are good in a pinch. Curl up by the tires and pretend you're not there. It works sometimes. Just make sure the trailer unit isn't refrigerated or you may wind up poisoned by odorless exhaust fumes.

One time I rode in the last engine in a string of diesels. It was just too cold out. The fireman came by to take readings for his watch, and he didn't even bother to kick me out.

There are a few cars that common sense should keep you away from. Don't fool around with cars marked with purple warnings of radioactivity.

Once you're on a train moving out, you've got it made. Your worst enemies will be fatigue and exposure. Carrying lots of high-energy food and more water then you'll think you need will keep your body going, but sometimes you just can't keep out of the weather. A warm, lightweight sleeping bag can save you no end of pain. Eat lightly and take a good healthy shit before catching your train

Freight trains have a particular grime about them that will turn your clothes black and your skin filthy in just a day. Carry soap. A good idea is to always carry your things with you. If you jump off for a minute to run to that corner grocery, your boxcar may not be there when you return.

It takes a bit of practice to sleep on a bouncing, jiggling boxcar floor. Consider an airmattress if it won't weigh you down. Also earplugs will help cut out much of the continuous racket. Freight trains always stop way out in the boondocks to let passenger trains by. Some of the places they stop are perfect for camping. You know you can take advantage of their mechanical regularity and always catch the next freight train that stops there. Incidently, if you are not tired, you can use these stops to walk up and down the length of the train looking for an empty boxcar or at least a better ride. Experienced travelers will tell you that the cars that say "Cushened "Underframe" are your most comfortable ride.

One other thing you've got to know about is yards. The big yard is where you'll run into the most trouble. Watch out for office looking types (white shirt or blue uniforms, clipboards). They won't help you. Railroad cops will roust you out and maybe give you some static, but usually they just kick you out of the yards. The answer to that is to go back on the highway or to come back the next day.

You can also find your best friends in a yard. Most of the railroad workers like switchmen and the guys who go around bleeding the air brakes are friendly, I've found, and not a bit fazed by long hair. Don't be afraid to approach them and ask about "hot shot" trains going your way. "Hot shots" are trains that don't make too many stops, and the workers will usually tell you when they'll be coming along.

Every night a hot shot leaves St. Paul from the Dayton's Bluff yard for Seattle, Wash.. It passes through Mpls. at the Northtown yard in Northeast Mpls.. This train is called #97. It is made up in Chicago and makes stops in Mpls., Minot, N.D., Spokane, and Seattle. To return from the west coast catch #88 in Spokane. It also leaves every day, and you'll be back in Mpls. in about three days. Both these trains run on the Burlington N.P./Great Northern line.

When your train pulls through the yard, watch out for the yard tower. Stay out of their sight if you can. At night they'll have big lights burning. Inspectors stand there and examine the train as it rolls by.They're worried mostly about theft, so if they do catch you they'll probably let you off with a scowl, but if you force yourself into their field of vision, they may stop the train or radio ahead. You may want to avoid Union Pacific and Santa Fe altogether--two companies that bust everybody they can.

One more word of warning. Trains is trains. Tons and tons of heartless metal. If you get squished one way or the other don't expect the train to bat an eye. You gotta look out for yourself. Think through every move and don't try to be what you aren't.

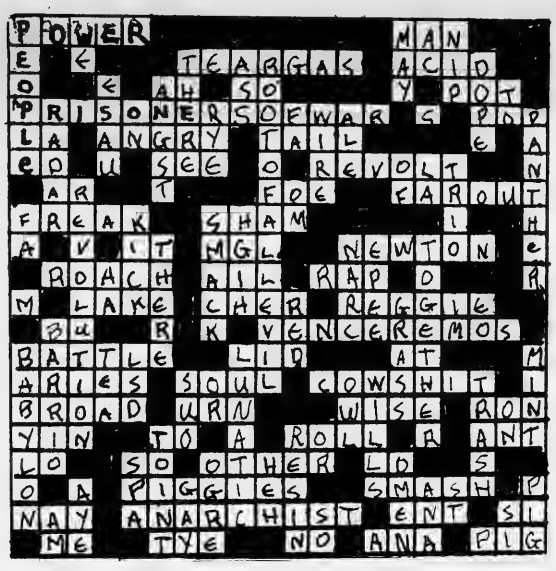
But if you do hop a frieght, you'll get to see America from a unique perspective honored in fable and song. I've hitchhiked and rode freight trains all over the country for a few years now, and if it's a long haul. I'd rather grab a boxcar then walk that lonesome mile.

Ed. Note: Half loaded boxcars squish people.

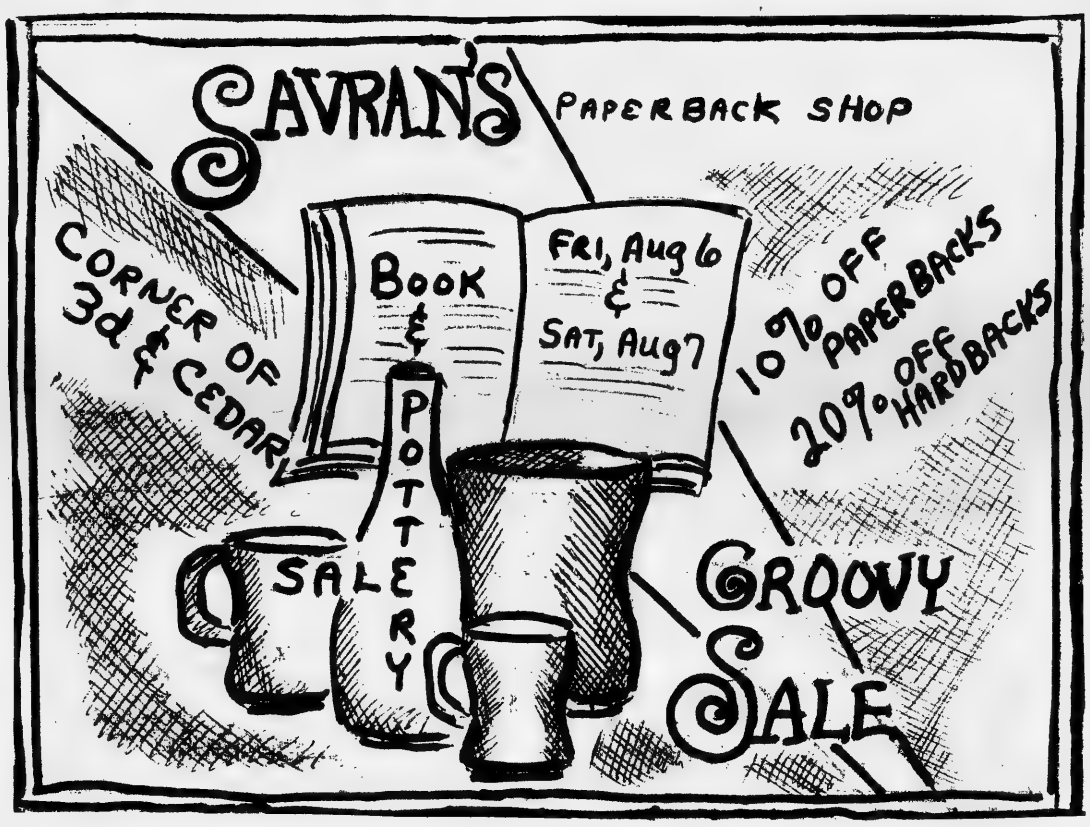
KANGAROO BLUES
KNOCK! KNOCK!
I H-H-H HAVE A GRAND JURY S-S-S-NOTICE H-H-HERE FFF-F-FOR Y-Y-YOU!
YOW!
YOW!
...AND, IN LESS TIME THAN IT TAKES TO GET STONED...
SCRIBBLE SCRIBBLE
ALL RIGHT YOU, STATE YOUR NAME AND OCCUPATION!
GNASH GNASH
GOOD LORD!
STOP! STOP!! I CAN'T STAND IT ANY LONGER! I CONFESS! I CONFESS
OW! OW!!
I MIGHT AS WELL TELL YOU EVERYTHING!--I MASTERMINDED THE PERUVIAN EARTHQUAKE, INVENTED DRUG ADDICTION, AND FLOURIDATED THE NATION'S DRINKING WATER...
...AND LESSEE... I BOMBED HIROSHIMA, KILLED ROBERT KENNEDY, JOHN KENNEDY, KING, Mc KINLEY, DIEM, AND JESUS...
WHAT'S HE DOING?
CONFESSING, I THINK...
WHADDA WE GONNA DO? NOBODY'S EVER CONFESSED BEFORE?!
?
WOT HOPPENED?
I CAN'T FIGGER IT OUT... THEY OFFERED ME A JOB WORKING FOR THE C.I.A.!

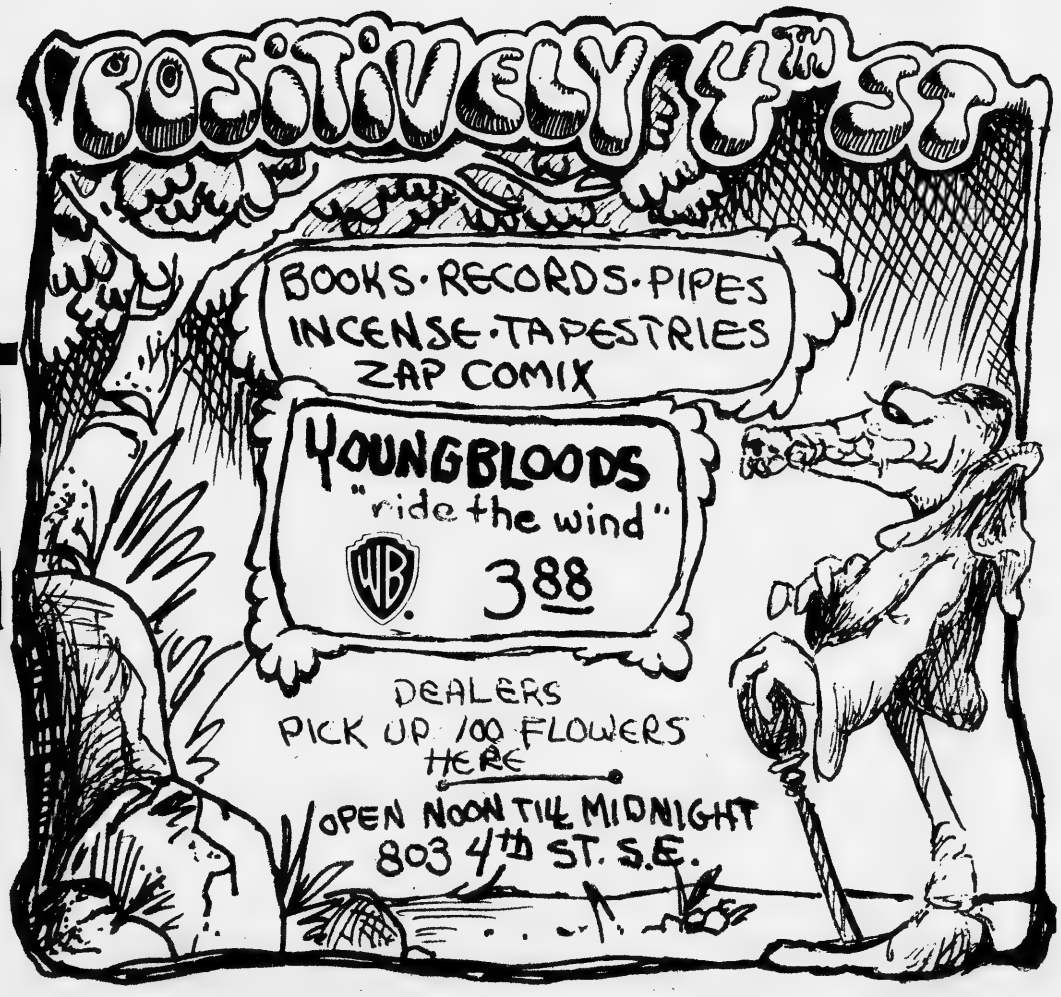
THIS IS THE ANSWER TO LAST WEEKS PUZZLE. HOPEFULLY THERE'LL BE ANOTHER NEXT WEEK.

Also there were some mistakes in the clues - 2 down should have been: 15th letter; 97 down. - opposite of nay (not May) & there was no clue for one word. But I doubt if it troubled too many nights' sleep. If it did, I apologize.


POWER MAN
TEARGAS ACID
AH SO POT
PRISONER OF WAR S POP
LA ANGRY TAIL E A
ED U SEE O REVOLT AN
AR T FOE FAROUT
FREAK SHAM L H
A V I T MGL NEWTON E
ROACH AIL RAP O R
M LAKE CHER REGGIE
BU R K VENCEREMOS
BATTLE LID AT M
ARIES SOUL COWSHIT I
BROAD URN WISE RON
YIN TO A ROLL R ANT
LO SO OTHER LD S
O A PIGGIES SMASH P
NAY ANARCHIST ENT SI
ME TYE NO ANA PIG

Puzzle Freaks - BEWARE! The next one's going to be HARD!





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Seek and Ye Shall Find

Recently, with the growth of so many communes and collectives in the Selby-Dale-Summit Ave area, a need has been recognized to establish womens groups.

A large group meeting will be held the second Sunday in August at the Sun Company Collective, 841 Dayton Ave, St. Paul at 6:30pm.

It will be pot luck, so bring some good food. We will dance, eat, and get to know each other. Hopefully more small groups will form. Any woman who would be interested in joining or starting a small womans group-- or any woman who would like to come and meet other people is invited.

If you would like to talk further about this feel free to call Narisha (225 5026) or Linda (226 0192). See you there sister.

CALLIN'

WOMEN

A womens conference will be held in Atlanta, Georgia, August 10-13, to discuss problems and questions concerning the womens movement, share skills and talent, discuss our role in the fall actions, and take great joy in each others presence. Women who have journeyed on the womens caravan will share their experiences. Another caravan will be leaving after the conference to raise consciousness about womens issues and the war, throughout the south.

GAYS

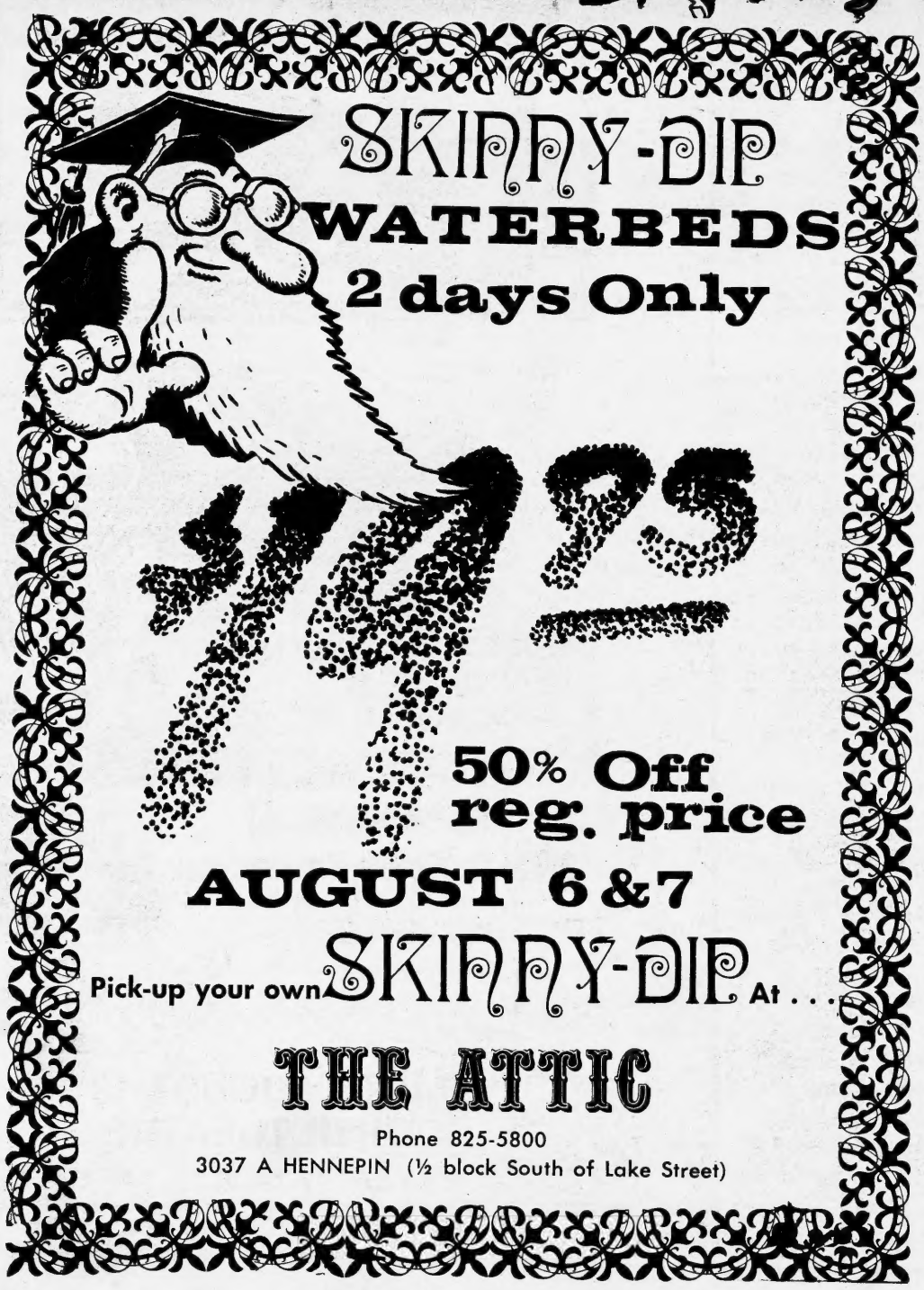
Building gay revolutionary collectives will be discussed at the gay gathering in Atlanta, on August 10-13. Political analysis of how gays should relate to each other, their communities, the peoples peace treaty, and Mayday actions will be discussed also.

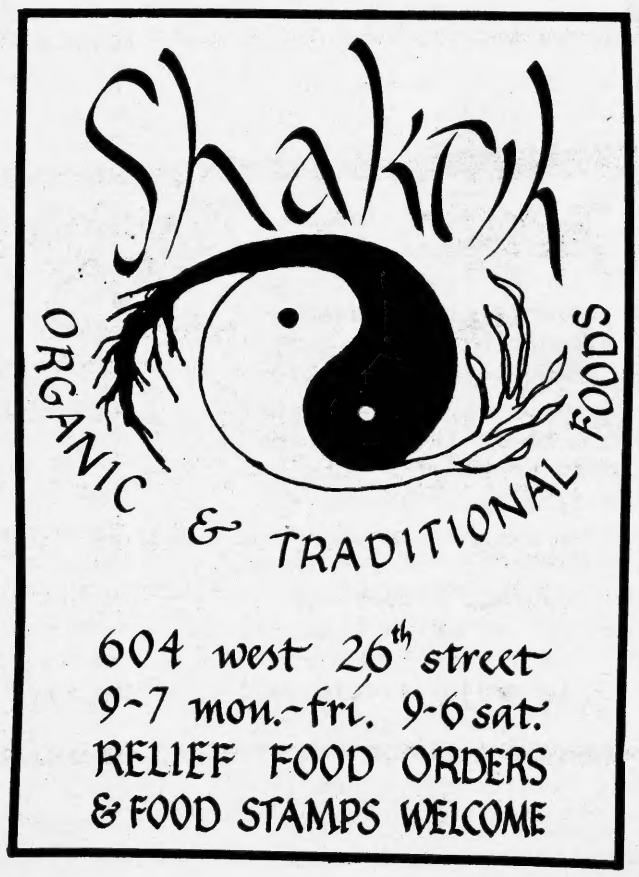
THE TRIBE

A gathering of the tribes will be held in Atlanta, on August 13-17. We will continue the discussions started at the Mayday representatives meeting in Needmore, Indiana. Suggested workshops are: communications, survival, "set the date" fall offensive, collective organizing, and a national revolutionary organization. There will be planning sessions to decide on workshops; there will be a donation of $2.00 asked.

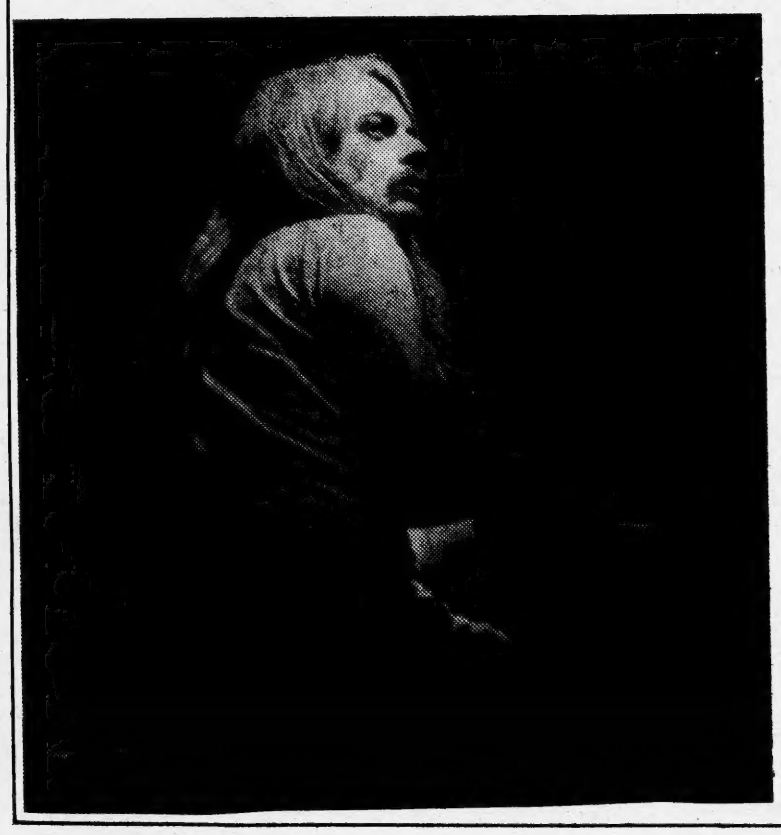
Place: East Lake Methodist Church
2500 Blvd. Drive S.E.
Atlanta, Georgia

Contact: Mayday Collective
P.O. Box 6078
Washington D.C. 20005
telephone; 202-232-7399





LEON RUSSELL in minneapolis



The old Master of Space and Time himself, Leon Russell, paid a visit to Minneapolis last Friday night. Freddie King warmed things up before Leon's entrance. Freddie's musical dexterity allowed him the freedom to play music that ranged from insipid blues to insipid blues.

After a brief intermission Leon strolled on stage and began a pleasing solo rendition of "Wild Horses". Shortly the rest of the band appeared and together with Leon they did a fantastic job of performing as they lulled and rocked their way through "Dixie Lullabye", "Hard Rain Gonna' Fall, "Mad Dogs and Englishmen" and others. But the musical highlight of the evening came when Leon did a beautifully plaintive and most appropriate version of "Stranger in a Strange Land". Leon and crew completed the show with a polished 20-minute encore which included "Prince of Peace", "Delta Lady", and various other tunes that were merged into this final offering.

Afterthought. A word to our brothers and sisters who so desparately tried to get four feet closer to the stage (arousing the man into our ranks in the process): Relax, those people on stage are really no more "stars" than you are. Mind you, we can appreciate fanaticism, but not when it impairs the enjoyment of all present. (Nobody wants to view the stage through a barricade of night sticks.) Now,everyone knows the auditorium is a poor place for a concert, but alas, the alternatives at present are nil, so lets like make the joint mellow, very high, and the Who? are coming.

record reviews

SORRY MUTHAS

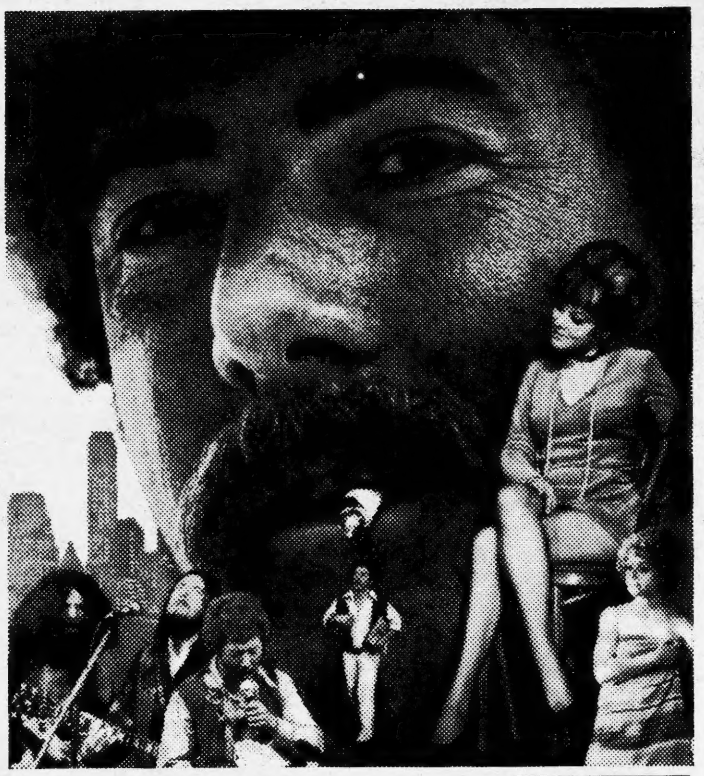
At one time a few years back the formation of jug bands was a national craze only slightly less popular than hula hoops. Very few of them made it really big, the most remembered being in all probability Jim Kweskin's group of fine musicians back in Boston. Since the breakup of this group, there has been no "nationally known" jug bands such as his. Instead there remains many groups scattered around the country that are good enough to be recognized more than just locally. Minneapolis is fortunate in having such a group; their name is the Sorry Muthas. Symposium Records recently issued an album of theirs with the tongue-in-cheek title Greatest Hits Vol. 3. While on the one hand the album serves to display the fine instrumental talents of the band, it also points out a general weakness in the vocals. I say weakness because although there is competence vocally on all the cuts, only occasionally does the quality of the singing rise to the quality of the instrumental work. (Among the instruments of which I am thinking are the dobro, harp, mandolin, fiddle, and guitar.) Having said this, though, I am glad to report that I think the album is a good one. The Sorry Muthas are consistently tasteful, and the songs on this album are varied enough to reveal them to be a good group. If you get a chance to see them around town, do so. If you can't make it, buy this album and spend an enjoyable hour at home. You win either way.

LEO KOTTKE

Leo Kottke, although not originally from the Twin Cities, spent many years in Minneapolis playing in places around town, but mostly at the Scholar. Recently Capitol released his Mudlark, which was his fourth album, but the first on a widely distributed label. Oddly enough, the record I was given to review was his third, Circle 'Round the Sun on the local Symposium label Leo Kottke plays a really nice 12-string guitar, controlling it to the point where it can be gentle and delicate at one point and a seething fury a moment later. People talk a great deal about his voice, and indeed why not. It has a distinct and almost gruff quality, yet he can take it and wrap it around a song. so as to make a perfect fit. It has limitations, yet generally these are not approached. This is a good record, now,if I only had his new one.

Poor Georgie.

One day Georgie Soloway jumped off a penthouse, fell in love in an empty theater, raced down a ski slope, circled Manhattan in his private jet, and tried to find some creep who put him down to every girl he liked.



Dustin Hoffman
"Who is Harry Kellerman and why is he saying those terrible things about me?"

A CINEMA CENTER FILMS PRESENTATION

"ONE OF THE BEST TIMES I'VE HAD AT THE MOVIES THIS YEAR!" — Gene Shalit, Look Magazine

Barbara Harris · Jack Warden · David Burns · Dom DeLuise

Screenplay by HERB GARDNER · Produced by LILLI GROSSBARD and HERB GARDNER · Directed by LILLI GROSSBARD · GP

COLOR BY DE LUXE · Music and Lyrics by SHEL SILVERSTEIN · A NATIONAL GENERAL PICTURES RELEASE

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BEANS

Oriental people have been using the soybean as a major source of protein in their diets for centuries (some records show that the bean has been a part of Oriental diets since about 2000 B.C.). In the United States, though, it wasn't really celebrated until the Depression of the 30's. Currently it is being used as a food by more folks not only because it is an inexpensive and nutritious food, but because it is a vegetable product! Using soybeans in your diet makes it simple to cross off milk, eggs, butter, cheese, and meat from your shopping list. So, here are some recipes to help you in making soy milk, tofu, and soy butter.

SET YOUR GOATS
& CHICKENS FREE!

When experimenting with soybeans, we must always remember that these beans cannot be eaten raw! Eaten uncooked, soybeans can cause intestinal disturbances and inadequate digestion of proteins from the beans as well as from other proteins in the diet. This is because there is a "protein enzyme inhibitor" which prevents the intestinal *trypsin enzymes from* activating the break down of protein. Some wierd scientists, doing experiments with animals, found out that the critters developed aplastic anemia from the raw bean. "Aplastic Anem ia is a disease of the bone marrow--not enough production of red blood cells.

SOYA MILK

1 quart water
1 cup soy beans
6 cups water
a little honey
a little salt

Soak the beans in a quart of water for 12 hours, drain off (and save) the water, and run the soaked beans through a food mill (a Corona mill does a nice job). Combine all the water with the bean mash and heat until it simmers. Allow to simmer for 30 or 40 minutes. Strain through a cheese cloth, add a little honey and salt to taste, bottle, and refrigerate. The milk is a fine cold beverage and can be used where a recipe calls for milk (except for yogurt). You also are gifted with a soybean mash that can be put in with bread, pancakes, etc.

SOYA CHEESE (TOFU)

2 quarts soya milk
1/2 cup lemon juice
salt to taste

In a double boiler, heat the milk until it boils, add lemon juice while stirring briskly, remove from heat, and let it sit for about 10 minutes. Strain th through a cheese clothe, rince 3 or 4 times in cold water to remove bitterness, and allow it to drain for at least an hour. This mass of tofu should be refrigerated in a container full of water. It can be used in bread spreads salds
salads, fried like eggs, and is included in innumerable recipes.

SOYA BUTTER (roasted)

Roast some soybeans and run them through the Corona food mill until they form a floury consistency. Add oil a little at a time until it is thick enough to suit your fancy, then add enough honey to suit your taste. (The North Country Co-op sells roasted soybeans and has a Corona mill so the beans can be ground up on the spot).

For the sake of variety, we should include other types of beans in our diets. All beans are good food as our friend tells us here:

"Maybe this happens to you. You go along happily and conscientiously on a grain and vegetables trip, but you have a hard time getting off yer ass. Well, don't despair because it seems from my experience that you can have energy to burn if you add a bean dish to your evening meal. I understand that you must eat several types of food i.e. grains and beans to have different enzymes present. Enzymes from one food that help digest the other. Well anyway it always seems to work.

Beans will cook soft enough for eating in a pressure cooker in 45 minutes. But if you don't have a pressure cooker, you can cook them in a covered pan in 2 hours without soaking them overnight. Some of the beans that cook in 2 hours are: Aduki, red, navy, lima, great northern, black, pinto, black-eyed peas, and mung beans. Soy beans and garbanzo beans take longer. Cover the beans with 3 times as much water and boil. IF THE BOILING STOPS, BEFORE THE BEANS ARE DONE, YOUR BEANS WILL STAY HARD! So always add BOILING water if you need more water added. To make the taste of beans really come through, I always add 5 finely chopped cloves of garlic for every cup of dried beans. Try it. For red beans, beside the garlic, I add 1 tablespoon of cumin (don't be sparing) and 1/4 to 1/2 teaspoon of cayenne (be careful) for a cup of dried beans.

One of the most nutritious beans are lentils. They cook so fast that you can cook them in rice (45 mins.) You should generally eat a larger portion of grains than beans and remember if you eat just beans you're back where you started--on yer ass.

WholeFoods
2502 1st Ave. So.
from the People's BAKERY
Whole grain breads
Granola
Fresh veg. and dairy products daily!
Other foodstuffs from North Co. Co-op
Open from 10:00 - 10:00, Mon. - Sat.
10:00 - 6:00, Sun.
Come to our pot-luck supper meeting on Sundays at 6:00 pm. All are welcome

LOAS for LIFE
1302½ S.E. 4th
CARROT or PAPAYA JUICE 19c
SPECIAL! THIS WEEK...100 mg. VITAMIN "C"... 49 cents bottle of 100 tablets
OPEN TILL 9:00 P.M.

CALENDAR OF PUBLICK EVENTS

Friday, the 6th

THE ARGIR GROUP - folk group Extemp, 9pm, 75¢

BLITHE SPIRIT - Noel Coward's farce about seances and such, Theater in the Round, 8pm, $3, $2 studts.

"MEDEA" - film by Paolo Pasolini starring Maria Callas in a dramatic role, Walker Art 8pm, $2.50

"WILD IN THE STREETS" (1967) Christopher Jones, Richard Pryor, Flick Movie Club, 7:30, 9:30, 11:30, $1

BELLEVILLE BAND - New Riverside Cafe, 9pm, $1

A MIDSUMMER NIGHT'S SCREAM, Willie Murphy, Roy Alstad, Warren Park, & Kimmel-Granros Whole Earth Rainbow Band with flutist Max Swanson - rock, blues & jazz presented by WBSM, Cedar Village Theatre, 8pm, $1.50

"YOU CAN'T CHEAT AN HONEST MAN" - circus farce with W C Fields (at his best) & Edgar Bergen - Acme, 8, 10, midnight $1

"SHADOW OF A DOUBT" a Hitchcock thriller with Jo Cotten, Xanadu, 8 & 10pm $1

"MALTESE FALCON" (1941) H Bogart & Peter Lorre - murder & intrigue film; Bijou 8, 10, midnight $1

SORRY MUTHAS - country jug band music at "Home" Franklin & Lyndale, 9:pm

HIROSHIMA DAY - candlelight memorial - music and poetry reading, 8pm, Loring Park

Saturday, the 7th

DEAN CARR - blues & folk musician, Extemp, 9pm, 75¢

"BLITHE SPIRIT", See friday

"MEDEA" see fri. 2:30, 8pm

"WILD IN THE STREETS" - see yesterday

MR. DAKOTA DAVEY - New Riverside, 9pm, $1

"YOU CAN'T CHEAT AN HONEST MAN", 8 & 10pm, see friday

"MALTESE FALCON" see friday

SORRY MUTHAS see yesterday

Sunday, the 8th

HUMAN BE-IN featuring live bands - Look-out Point, Flying Cloud Airport, sponsored by the Extemp, starts around 2pm, FREE

US PIPE & the BT ROCKETS - rock 'n rollish music, Ex-Temp, 9pm, 75¢

"BLITHE SPIRIT" see friday

"WILD IN THE STREETS" see friday, 7 & 9pm.

POOR HOWARD - New Riverside Cafe, 9pm 75¢

"YOU CAN'T CHEAT AN HONEST MAN" 7:30 & 9:30, see friday

"MALTESE FALCON" 8pm only, see friday.

SORRY MUTHAS - funky jug band at Lake Harriet, 8pm.

Monday, the 9th

"MARK TWAIN TONIGHT" - Wm Forster creates the role of M. T. in this revue at Brave New Workshop, 8pm.

"WILD IN THE STREETS" Flick, 8pm, $1

Tuesday, the 10th

"METROPOLIS" (1926) - Fritz Lang film with Brigitte Helm, Institute of Art, 8pm FREE

"DOC EVANS & HIS ORIGINAL DIXIELANDERS" - Northrup Auditorium Plaza, 7pm FREE

"WILD IN THE STREETS" - see yesterday

OPEN STAGE - New Riverside Cafe, 9pm, 25¢

Wednesday, the 11th

JACK COHEN - Extemp, 9pm, 50¢

"WILD IN THE STREETS" - see monday

CHARLIE TIROUSEK- direct from San Frisco, 9pm, 50¢

CREE - hard rock group at One Groveland - 8Pm, $1

Thursday, the 12th

GINGER JOHNSON - Extemp, 9pm, 50¢

"WILD IN THE STREETS" - see monday

JIMMY SIEMENS - New Riverside Cafe, 9pm, 50¢

"DR JEKYLL & MR HYDE" (1931) with Frederic March - Xanadu, 8 & 10pm, $1

"LITTLE CAESAR" (1930) Edgar Robinson gangster movie, Bijou, 8pm, $1

"AS YOU LIKE IT" by Shakespeare in the Streets, N. Commons Park, 8pm FREE

continuous

"ALI MCGRAW DIED FOR YOUR SINS" - satiric nostalgia in a revue by Brave New Workshop, Aug 6 - 8pm; 8, 10, 12 - 8pm, $2.75

"BOEING BOEING A FLIGHT OF FANCY" - satiric revue, Brave New Workshop, Aug 7 - 8, 10, midnight; Aug 11 - 8:00PM $2.75

ART DECO exhibition - artwork, furniture, soctumes, etc, from the '20s & '30s, Inst of Art, $1, 50¢ studts

LAKE HARRIET has music every evening by the Lake shore. You might want to check it out some night.

messages & things

Looking for a roomate. For more info conatact Flowers. 75 dollars is all i got!
Nathaniel Shannon

RIDE NEEDED to Denver Colorado. Sometime around August 15th or 16th. Call Don 823 4035.

MUSIC FOR YOUR Enlightenment - You need music!? We need work. Are experienced & play rock & roll & original material. BLACK JESUS c/o W. B. Case 1822 11th Ave S, Mpls, Minn 55406 or call Hundred Flowers, 333 3717.

RIDE NEEDED to Boulder - or thereabouts 2nd or 3rd week of August. 2 People (M & F) Contact Hundred Flowers. ask for Warren or Margo or leave message. 333 3717, 333 8471. No bread, but can afford to share experiences.

RIDE TO NEW YORK - or somebody to hitch with. Anytime after the 10th of August. Call Ken at 722 3816

RIDE TO TOLEDO: can help drive. Delight 378 0730.

DROP CITY REUNION - ALL DROPPERS INVITED - LABOR DAY WEEKEND AT DROP CITY.

LARGE WOMEN'S meeting Sunday, August 15th. "desert luck" every woman welcome. 6:30 at Sun Company, 841 Dayton Av, St Paul. Linda 226 0192

A MIDSUMMER NIGHT SCREAM: Presented by West Bank School of music. Rock, blues & jazz See Friday in the calendar avove.

DOG NEEDS... LOVE. Cute. Had shots. Black dog with big brown eyes, 7 months old, almost housebroken. 335 3806.

WANTED: RIDE to N Y City around mid-Sept. share driving and expenses 823 3874.

NEED RIDE to Kansas City. Will pay all gas costs. Call Judy at 827 3381.

I'M TRYING to form a Jesus Commune on U of M campus, beginning Sept 1. Interested in joining? Write: Terry, Box 8323 Lake St Station, Mpls, Minn 55408.

ANY ACTORS, actresses, directors, writers or whatever, interested in creating and learning together in a FREE work shop environment, please contact either Warren or Carla at 332 6783, after 5:00 PM.

WANTED: Craftsmen who will be willing to work at home and make what they chose. The Electric Fetus wants to start an organized craftsmen crew to make ??? for sale and a decent income. Woodworkers, glassblowers, metalworkers, artists, etc. Call us & tell us what you do. 335 4500

BEGINNING YOGA person would appreciate some words of wisdom from the experience of others. Hatha Yoga - nuances of diet - good yoga books - etc. Call David 338 2169

USED SG Standard with Hard shell case and Gibson Apollo GA-95 RVT (tube amp) reasonable - even less if you have a good English bicycle or stereo record player to trade. Call David 338 2169.

ROOMATE WANTED: 1 fread female to share 2 bedroom duplex with l. by Sept 1. Call 823 1609 between 10 AM & 5 PM. Ask for Para.

RESURRECTION VOLKS collective, will repair your VW inexpensively. Parts and bridgestone tires sold at cost plus 10%. Call Paul 226 0124 or Andy 436 7640

MARTIN 12-string guitar (D-12-20 model) for sale with hardbound case. $375. I am also looking for a used guitar amp. of about 50 watts. Call me, David 333 0037.

ONE GIRL needs female roomate. Must be gay. $60 per month. Call late afternoon or evening 338 2361

If not delivered within 10-15 days please return this piece of commie-pervert literature to the mad media freaks at:

HUNDRED FLOWERS
PO Box 7271 Big Powderhorn Sta.
Minneapolis, Minnesota 55407
RETURN POSTAGE GUARANTEED BY SENDER.